

AMENDMENTS TO THE CLAIMS

This listing of the claims replaces all earlier versions.

Please amend the claims as follows.

1. (currently amended) A free-standing rotatable support apparatus useful for physical training comprising:
 - a support base,
 - a rotatable shaft extending upward from the support base,
 - a bearing locator for positioning at least one bearing for the shaft above the support base,
 - a transverse member secured to the shaft and spaced from the support base,
 - a training target ~~depending~~ suspended from the transverse member laterally spaced from the shaft, and
 - an electric motor drive for rotating the vertical member.
2. (original) The apparatus of claim 1 wherein the support base comprises a flat plate.
3. (original) The apparatus of claim 2 wherein the flat plate is circular.
4. (original) The apparatus of claim 2 wherein the flat plate is rectangular.
5. (original) The apparatus of claim 2 wherein the flat plate is polygonal.
6. (original) The apparatus of claim 1 wherein the support base comprises three or more outwardly extending legs.
7. (original) The apparatus of claim 1 wherein the transverse member is reinforced with truss supports.

8. (original) The apparatus of claim 1 wherein a length from the shaft to a farthest end of the transverse member is greater than a distance from the shaft to a furthest point on the periphery of the support base.
9. (cancelled)
10. (currently amended) The apparatus of claim [[9]] 1 wherein the motor is a reversible motor.
11. (original) The apparatus of claim 10 wherein the motor is a variable speed motor.
12. (original) The apparatus of claim 11 further comprising a controller for the motor.
13. (original) The apparatus of claim 12 wherein the controller is a local control, a remote control, or a programmable control mechanism.
14. (original) The apparatus of claim 1 wherein the training target comprises a heavy bag, a punching bag, or a speed bag.
15. (original) The apparatus of claim 1 wherein the training target comprises polymer foam.
16. (currently amended) A method for conducting physical training with the apparatus of claim 1 comprising:
positioning the apparatus on a floor of a training area,
rotating the target in a circular arc around the shaft with the electric motor while a trainee spars with the training target.
17. (original) The method of claim 13 further comprising randomly varying direction of the rotation.
18. (original) The method of claim 14 further comprising randomly varying speed of the rotation.